Now taking applications for our Fall Internships!

In Washington

In my Washington, D.C. office, internships run throughout the fall, spring or summer semesters for college students. Although all internships in all offices are unpaid, students gain invaluable work experience. The hours are flexible to accommodate students' hectic course schedules, but generally run 9:00 a.m. to 6:00 p.m. when Congress is in session, and 9:00 a.m. to 5:00 p.m. when not in session.

In Washington, interns' responsibilities will vary. They will be asked to answer phones, run errands, research legislation for the Member and legislative staff, attend hearings and briefings and answer constituent letters on various issues

before the House. As a result, interns learn about the legislative process and the many other functions of a congressional office.



Congratulations to our summensitern, Gary who won the Illinois State Society's Paul Simon

Congressional Scholarship!

In Illinois

In my Illinois office, interns may be asked to do a variety of things, including day-to-day office work such as answering phones, writing letters and assisting with media clips. In addition, interns may be assigned to assist in various constituent case work or work on District-based projects of importance.

How to apply

Students interested in a DC office internship should e-mail a cover letter, resume and writing sample to Blaine Nolan at blaine.nolan@mail.house.gov and those interested in the District Office position should email Bridget Geraghty at bridget.geraghty@mail.house.gov to request an application.